

A close-up photograph of a bowl of minestrone soup. The soup is filled with various vegetables, including sliced tomatoes, green beans, and small pieces of pasta. The broth is a light yellow color, and the overall appearance is hearty and comforting.

**LOVE THY
NEIGHBOUR**
JESSICA NAPIER TALKS
COEXISTENCE (page 9)

{page 11}



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News worth sharing.

A photograph of three male students from the University of Alberta. The student on the left is wearing a yellow t-shirt and jeans, holding a red ball. The student in the center is wearing a black t-shirt with a Texas state graphic, a black beanie, and glasses, also holding a red ball. The student on the right is wearing a green t-shirt with 'BREAK 1 RECORD UNIVERSITY OF ALBERTA FEBRUARY 2' printed on it, glasses, and is holding a red ball. They are all smiling and looking towards the camera. The background is a plain wall with a red 'EXIT' sign visible.

HEATHER MCINTYRE/METRO

THE CANADIAN PRESS



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Food store baked good by firebomb

An Edmonton grocery store's bakery is toast after it was firebombed early yesterday morning.

Police say damage is extensive at the Save-On store at 129 Street and 153 Avenue after someone tossed a flaming Molotov cocktail through a window, causing an estimated \$100,000 in damage.

The northside store has shut down, but signs say it will reopen on Saturday.

A janitor saw what was going on and dialled 911.

The sprinkler system confined the flames to the bakery area, but smoke caused most of the damage.

The Edmonton Police Service has its arson squad on the case and says investigators are going through store surveillance tape.

● METRO

Man accused of kidnapping

Kidnapping is among numerous charges that have been laid against a man who police say took off in a car with a passenger inside Sunday night.

According to police, Clinton Wharry, 35, allegedly jumped into a vehicle idling at a bank on 42 Street and 118 Avenue while the driver was using the bank machine.

The driver's wife was still inside the vehicle as Wharry drove a few blocks before crashing into a truck at 46 Street and 118 Avenue, said police.

He has also been charged with theft under \$5,000, possession of stolen property under \$5,000, criminal hit and run, dangerous driving, driving while disqualified and breach of probation. ● METRO



► City crews continue to work toward residential road cleanup for later this week.

All clear by Sunday: City

► More than 100 graders working to remove snow on residential streets ► Weather to warm up later this week



HEATHER MCINTYRE
@METRONEWS.CA

Fluctuating temperatures haven't changed the city's plans to have all residential streets plowed by midnight Saturday, according to the manager of transportation.

As of yesterday morning, nearly half of Edmonton's 270 neighbourhoods had been cleared and work was progressing in 63 more, said Bob Boutilier.

"I think all of the things that could possibly happen, happened," he said.

Last week, Mayor Stephen Mandel apologized to residents for the way the city handled the near-record 60 centimetres of snow that fell in January.

"There are many things that happened," said Boutilier. "But in the end it's the public perception, and it doesn't matter how it happened or why it happened, the public isn't happy."

Boutilier estimates that \$10 million has been spent in January clearing snow, nearly double the usual \$5 million to \$6 million.

Complaint calls have dwindled since daily communication began, but Boutilier did note it would be up to city council to look at making any changes to policy.

He suggested training city workers who don't normally run graders to do so, which could offer up 20 to 30 more pieces of equipment.

Snow to go here

- Plowing schedules are available each morning at edmonton.ca/snow-removal or by calling 311.
- The Poundmaker snow facility on 185 Street and 107 Avenue will be closed until Thursday morning due to how popular the site is.
- There are three other sites the city would like citizens and private haulers to use: 66 Street and 188 Avenue; 156 Street and Ellerslie Road; and 17 Street north of Whitemud Drive (at approximately 52 Avenue).

Three men wanted on drug, firearms charges

The EPS drug and gang enforcement unit is searching for three men wanted in connection with more than \$850,000 seized in drugs, as well as \$72,000 cash and various firearms.

Seized from four Edmonton residences in January 2010 were: 8.5 kilos methamphetamine, two pounds of marijuana, more than 1,500 ecstasy pills and

approximately four ounces of cocaine.

Derek Joseph Chambers, 29, Martin Vu, 28, and Emerson Omar Huine, 33, are wanted on Canada-wide warrants for charges including drug possession, trafficking and firearms-related offences.

Call 1-800-222-8477 with any information regarding these men. ● METRO



► Martin Vu

News in brief

Nominate a local hero

MAYOR'S AWARDS. Know a hero? The city is calling for nominations for outstanding individuals or organizations who enhance the lives of those with disabilities, for the annual Mayor's Awards. The deadline for nominations is March 25. For more information, visit edmonton.ca/disability. ● METRO

Murder victim found in snow

CRIME. The EPS homicide section has confirmed the city's fourth homicide of the year. The deceased male found covered in snow at 114 Avenue and 82 Street early Jan. 28 has been identified as 32-year-old Christopher Allan Pirie of Edmonton. Detectives continue to investigate. Call Crime-stoppers at 1-800-222-8477 if you have any information that can help police. ● METRO

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news


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While 'easy money' is gone, Allan Small says it's not too late to get into the stock market. More at metronews.ca/investing

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Restive electorate and gaffes leave GOP presidential field wide open. Scan code for story.

OILSANDS

Estimate is wrong, panel says

A panel of experts says Alberta has failed to properly measure how oilsands development has affected rivers and lakes in the province.

The government set up the Regional Aquatics Monitoring Program in 1997 to detect changes in water quality and fish caused by industrial de-

velopment in the oilsands region.

In the report, experts say the RAMP program has not met this objective and isn't capable of doing so because of the way it is designed.

The panel also says the program hasn't collected enough information to properly measure the environmental impact of oilsands projects.

The program is run by energy industry companies and the province, with some input from the federal government.

THE CANADIAN PRESS

Goodwill's hunting for bugs

Goodwill's hunting for bedbugs so you don't have to.

Goodwill Industries of Alberta says it banned "soft furnishings" following a rash of activity by the pesky pests last fall.

"It was a proactive move," said Goodwill's marketing manager Lisa Richards, noting the charity has so far avoided infestations. "It's possible someone could be dropping off items just to get rid of them (bedbugs)."

Couches, chairs and other upholstered items are no longer being accepted as part of the temporary ban. Goodwill has 15 Edmonton stores, but only its Southside location takes furniture.

Value Village does not share worries of bedbugs

1963

Year the first Goodwill store opened in Alberta

hitching an easy chair ride. While mattresses and hide-a-beds are long blacklisted, the store still resells sofas in "saleable condition" after a solid once-over, said store supervisor Saire Parker.

Meanwhile, the Salvation Army credits a careful inspection by drivers with being able to still offer most furniture for resale, with the exception of used beds. "We make sure there is no animal activity even before it gets on a truck," said Karen Diaper, assistant public relations director.

● SHELLEY WILLIAMSON

Taxi deadheading may end: Report

► Vehicle for Hire Commission, airport authority willing to work together ► Contract ensures quality: EIA



HEATHER MCINTYRE
@METRONEWS.CA

Taxi drivers heading to and from the airport may soon be able to carry passengers both ways.

The issue known as deadheading, where taxis are forced to run empty for one leg of their trip, could come to an end because the Airport Taxi Service, the company with the airport taxi stand contract, has recently applied to become a licenced City of Edmonton taxi broker, according to a city report.

According to the report, to be discussed by a council committee Feb. 22, the plan is to attract city taxi licence holders to join their



► City cabbies could see a change in airport run rules.

fleet, which would be of benefit because they would be able to pick up trips in Edmonton as well as at the airport.

"We lost the airport," said Balraj Manhas, president of the United Cabbies Association of Edmonton.

"We want it back."

The report also suggests creating a single zone map for use by both taxi and limousine companies for trips both ways so passengers aren't being charged different rates.

"Zone maps they (use)

Meter is running

- There are 1,220 licenced taxis in the City of Edmonton.
- Rates for any trip will be at least 15 to 20 per cent higher for a limousine as compared to a taxi, says the report.
- The Vehicle for Hire Commission cannot regulate any vehicle fee once the trip leaves the municipal boundary of Edmonton.
- The issue has been ongoing over the past few years, and a public discussion was held by the commission last August.

today are based on a time before the Anthony Henday and 23 Avenue," said airport spokesperson Sarah Meffern.

"So it's time to refresh it."

Roll up your sleeves, ninth graders

Alberta Health and Wellness will be offering the meningococcal conjugate vaccine to all Grade 9 students through school-based clinics.

The program is set to begin Feb. 1, but immunizations won't begin until parents have been informed and provided the chance to give consent.

"It will probably be a couple of weeks at least before any students see needles in their arms," said Gerry Predy, senior medical officer of health for Alberta Health Services.

The vaccine is being offered to more than 40,000 Grade 9 students province-wide with 95 per cent of students expected to get it.

Meningococcal disease is spread through bacteria in the nose and throat, making adolescents more at risk for the disease, largely because they are more likely to share drinks, lip balm, or food.

"Teenagers do have an increased rate compared to other age groups," said Predy.

3 fatal cases

- There were 12 cases of meningococcal disease, 3 of them fatal in 2010.
- Studies have shown that vaccine can protect for up to 10 years.

● ALISON BAIRD

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Man gears up for last leg of 11-year walk

► 55-year-old has walked nearly 76,000 kilometres in six continents
► Journey kept him from wife, kids

Jean Beliveau had been away from Canada for four years, slowly making his way through Ethiopia on foot, when he thought he had reached his limit.

The Quebec man had covered more than 27,000 kilometres in three continents on a 'round-the-world walk to raise awareness about children facing violence and conflict.

It was 2004 and he still had more than 50,000 kilometres — and seven years — to go.

"This is natural, we have some time in our life we want to give up," Beliveau said Sunday as he arrived in Vancouver to begin the final Canadian leg of his journey.

"Mid-Africa, the culture shock accumulated, I said to (my wife), 'I want to go home.' She replied to me, 'We love you, you're welcome home, but you've made too much (progress),

you need to go farther.' We had some hard times, but it was step-by-step, day-by-day."

Beliveau left Montreal in August 2000 to coincide with the United Nations' "international decade for a culture of peace and non-violence for the children of the world."

The United Nations declaration urged governments to end the "culture of war and violence" while ensuring children are protected from conflict and allowed to live in peace. It also aimed to bring together organizations and peace movements from around the world. **THE CANADIAN PRESS**

50 Jean Beliveau has already gone through about 50 pairs of shoes, and predicts he'll wear out half a dozen more before he's finished.



► Jean Beliveau of Montreal, left, jokes around with his wife, Luce Archambault, after he arrived back in Canada for the first time since beginning his walk around the world 11 years ago, at Vancouver International Airport in Richmond, B.C., on Sunday.

University sets sights on dodge ball record

As schoolyard rivalries go, this is a dodgy one.

More than 2,000 staff and students are expected to take to an indoor field at the University of Alberta this week in an attempt to reclaim the record for the world's largest dodge ball game.

The Edmonton-based institution set the record when nearly 1,200 students took part in a game

last February.

But that record was broken in September by nearly 1,800 University of California Irvine students.

Rory Tighe, with the University of Alberta Students Association, says the decision to fight back was made in part because of national pride.

Tighe says he doesn't think the school will have any problem with reach-



► The University of Alberta aims to recapture the world record for the world's largest dodge ball game.

ing its goal of 2,011 players — a Facebook group organizing the event had more than 2,000 members within two days of it going up.

THE CANADIAN PRESS



What do you think? Let us know at edmontonletters@metronews.ca or tweet us @metroedmonton

Not a kids game

Dodge ball means any game in which players try to hit other players on the opposing team with balls and avoid being hit themselves.

► This team sport has been featured in a movie, Dodgeball: A True Underdog Story.

Trust fund set up for kids who lost father

A trust fund has been set up for five Alberta children ranging in age from two to 10 who lost their father in a highway crash.

Alex Girvan died early Friday morning while hauling logs near Fairview, Alta., about 600 kilometres northwest of Edmonton.

Christine Bruyere, Girvan's cousin, says they don't know if the 43-year-old man fell asleep or had a heart attack before his truck went into a ditch just outside the town. She says the single father worked at a number of jobs to pay bills. **THE CANADIAN PRESS**

Canada to benefit from oil prices, say analysts

The Petroleum Services Association of Canada says it foresees an improving picture for the country's oil and gas drillers.

The Calgary-based group said yesterday it predicts 12,750 new wells will be

drilled across Canada in 2011 — a four per cent increase from its November forecast and a nearly five per cent increase over 2010 levels.

Much of the strength is expected to come from higher crude oil prices, which PSAC anticipates will average \$85 US per barrel in 2011.

The number of wells drilled in Alberta is expected to grow by three per cent. **THE CANADIAN PRESS**

Myanmar to form new government

Myanmar's first parliament in more than two decades is set to begin the task of putting together a new government.

The newly installed lawmakers were due today to elect three vice-presidents, one of whom will be picked to become president.

The military has held power in Myanmar since 1962. Together with its allies, it controls more than 80 per cent of the seats in parliament. It is virtually certain that the new president will be a top member of the outgoing junta.

THE ASSOCIATED PRESS

Dog 'massacre' investigated

The RCMP and the B.C. SPCA are investigating the slaughter of about 100 sled dogs in Whistler, B.C., an incident the SPCA called "an absolute massacre."

The SPCA's Marcie Moriarty said the description of the April 2010 incident is an "absolutely Criminal Code offence."

Staff. Sgt. Steve LeClair, of Whistler RCMP confirmed his detachment has opened a file, but the primary investigator on the case will be the SPCA.

Documents obtained by CKNW radio reveal about 100 healthy sled dogs were killed in a mass slaughter over two separate days,

April 21 and 23.

According to the Work Safe B.C. documents obtained by the station, an employee of Outdoor Adventures Whistler has been compensated for post-traumatic stress disorder after being ordered to shoot the animals.

The documents reveal

bookings for dog sled tours collapsed after the Olympics and when the company could not find homes for its animals, it ordered the cull.

"It was an absolute massacre. Some of the descriptions were, yeah, just horrifying," said Moriarty.

THE CANADIAN PRESS

Egypt's military vows to hold fire

► For days, army tanks and troops have kept protests confined but done nothing to stop people from joining

Egypt's military pledged not to fire on protesters in a sign that army support for President Hosni Mubarak may be unraveling on the eve of a major escalation — a push for one million people to take to the streets today to demand the authoritarian leader's ouster.

More than 10,000 people beat drums, played music and chanted slogans in Tahrir Square, which has become ground zero of a week of protests demanding an end to Mubarak's three decades in power.

With the organizers calling for a "march of a million people," the vibe in the sprawling plaza was of an intensifying feeling that the uprising was nearing a decisive point.

"He only needs a push!" was one of the most frequent chants, and a leaflet circulated by some protesters said it was time for the military to choose between

Political reform

► Another concession came late yesterday, when Vice-President Omar Suleiman went on state TV to announce the offer of a dialogue with "political forces" for constitutional and legislative reforms.

► Opposition forces have long demanded the lifting of restrictions on who is eligible to run for president, as well as measures to ensure elections are fair.

Mubarak and the people.

The latest gesture by Mubarak aimed at defusing the crisis fell flat. His top ally, the United States, rejected his announcement of a new government yesterday that dropped his highly unpopular interior minister, who heads police forces and has been widely denounced by the protesters.

THE ASSOCIATED PRESS

Feds stop short of Mubarak ouster

As the first planeload of Canadians left Egypt yesterday, the Harper government expressed hope that the troubled Mideast country will "transition" toward greater democratic freedom.

But the prime minister fell short of calling for the ouster of Egyptian President Hosni Mubarak, who is facing mass street protests.

"We want to see a transition towards basic values of freedom, democracy, hu-

man rights and justice," Harper told the House of Commons. "We want to make sure the transition does not tend towards violence, instability and extremism."

Later in the Commons, Foreign Affairs Minister Lawrence Cannon said Canada is speaking forcefully to the Egyptian government "so that the regime that is in place in Egypt responds and listens to what the population is saying."

THE CANADIAN PRESS



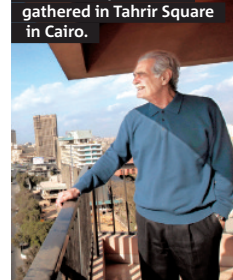
► Canadian tourists wait for a flight out of Cairo's international airport yesterday.



► A young protester skateboards amongst the crowd at the demonstration in Tahrir Square in downtown Cairo yesterday.



► Egyptian film star Omar Sharif looks over Cairo as an Egyptian army helicopter flies overhead to monitor protesters gathered in Tahrir Square in Cairo.



News in brief

Protesters resenting U.S.

COWARD. One of the insults flung at President Hosni Mubarak by Egyptian protesters seeking his ouster: "Mubarak, you coward! You American collaborator!" Hostility toward the United States is widespread among the crowds in Cairo's streets, who feel Wash-

ington's alliance with Egypt has helped Mubarak's authoritarian regime keep its grip on power for nearly 30 years.

THE ASSOCIATED PRESS

Confusion at Cairo airport

CHAOS. Cairo's international airport was a scene of chaos and confusion yesterday as thousands of foreigners sought to flee the unrest in Egypt and countries around the world scrambled to send in planes to fly their citizens out.

THE ASSOCIATED PRESS

60 seconds

TAI KUNG PAO, LAM YU SAN/THE ASSOCIATED PRESS



► In this photo taken on Jan. 26, Macau casino tycoon Stanley Ho, accompanied by his third wife Chan Un-chan, right, speaks during a television interview at Chan's home in Hong Kong.

FAMILY FEUD CASINO KING'S LAWSUIT GOING AHEAD?

Lawyers for Stanley Ho released three videos yesterday that they say show he wants to continue with a lawsuit against family members accused of seizing the tycoon's \$1.6-billion stake in his Macau casino empire.

It's yet another twist in a family feud that erupted last week over who will control Ho's interests in the world's biggest gambling market.

Ho, who was hospitalized for seven months after reportedly undergoing brain surgery in August 2009, has 16 surviving children by four women he calls his "wives." The unfolding drama highlights a power struggle among different branches of the family for control of his lucrative gambling business.

The video clips show the 89-year-old billionaire answering questions from his lawyer, Gordon

Oldham, about the dispute, which became public when casino operator Sociedade de Jogos de Macau, or SJM, said nearly all of Ho's shares were being transferred to the families of his second and third wives.

In one video dated Jan. 25, Ho tells Oldham that he was forced to sign some documents for the transfer and calls it "something like robbery." "We still go ahead," Ho says when Oldham asks him what to do if the two families don't reply to requests to return the stake.

Ho is currently hospitalized for what Oldham said was a procedure involving a tube in his throat that allows him to breathe.

Ho tells Oldham in the clip he wants to divide his estate equally among the four families.

THE ASSOCIATED PRESS

Tories won't push for election

The Harper government is keeping to its nose-to-the-grindstone line, insisting it will be the opposition's fault if there's a spring election.

"We're not going to provoke an election, folks," spokesman Dimitri Soudas said yesterday.

"There's no intention on the part of the government to make of something a confidence vote that hasn't traditionally

"The prime minister has been clear that we are interested in hearing the ideas of the opposition leaders."

DIMITRI SOUDAS, TORY SPOKESMAN

been one. The objective here is to make Parliament work."

THE CANADIAN PRESS

30 minutes can make a difference

World Cancer Day is Friday, and the Canadian Partnership Against Cancer wants 30 minutes of your time to support

research.

Canadians between the ages of 35 and 69 are asked to participate in a study designed to help us better understand cancer and other chronic diseases — and you can make an impact by signing up at partnershipfortomorrow.ca. ● METRO

Fallen climber deceives rescuers

A climber who plunged 300 metres from one of Britain's highest mountains — and walked away — is promising to climb Mount Everest later this year.

Adam Potter of Glasgow went home yesterday, just days after he slipped on an icy patch off the summit of the 1,093-metre Sgurr Choinich Mor in Scotland.

The 35-year-old tumbled down the steep slopes Saturday, flying off

cliffs. Rescuers found tattered bits of his clothing and equipment on outcrops stretching from the top to the bottom of the mountain.

Astonished rescuers found Potter standing up reading a map when they arrived. Convinced he was not the victim, they flew to the summit where Potter's fellow hikers were waiting.

"But my mates pointed downhill ... and that's when they realized I was the actual casualty, even though I was up and moving around," he said.

Though he had broken his back in three places, Potter is still able to walk and was discharged from hospital yesterday.

THE ASSOCIATED PRESS

Why all the hype about corporate tax?

► Cuts have larger effect on government than on business: StatsCan



► Finance Minister Jim Flaherty speaks to the media as Minister of State Julian Fantino listens during a press conference in Vaughan, Ont., yesterday.

Statistics Canada's top economic analyst says corporate tax cuts are such a small factor in how business shapes the Canadian economy that the agency can't reliably measure their impact.

Philip Cross's comments speak to the debate raging between the Conservatives and the Liberals: Are corporate tax cuts an elixir for investment, growth and jobs, as the governing Conservatives

claim?

Or are they a drain on the fiscal purse at a time when there are better ways to create jobs, as the Liberals argue?

Canada's natural resources, the price of oil, currency fluctuations and the state of the country's financial markets have been far more influential on corporate investment decisions than recent tax cuts, Cross says.

THE CANADIAN PRESS

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Sessions at 6:00 & 7:15 p.m.

Business and Administration

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- Bachelor of Applied Business Administration - Accounting
- Bachelor of Applied Business - Finance
- Bachelor of Business Administration (BBA)
- Bachelor of Technology in Technology Management (BTech)
- Business Administration - Accounting
- Business Administration - Finance
- Business Administration - Human Resource Management
- Business Administration - Management
- Business Administration - Marketing
- Captioning and Court Reporting
- Continuing Education Business programming

Hospitality and Culinary Arts

- Baking
- Culinary Arts
- Hospitality Management
- Retail Meatcutting
- Special Events Management

Media and Design

- Digital Media and IT
- Graphic Communications
- Photographic Technology
- Radio & Television

TUESDAY FEBRUARY 8

Sessions at 6:00 & 7:15 p.m.

Engineering Technologies

- Bachelor of Technology in Technology Management (BTech)
- Biomedical Engineering Technology
- Chemical Engineering Technology
- Civil Engineering Technology
- Electrical Engineering Technology
- Geomatics Engineering Technology
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Sessions at 6:00 & 7:15 p.m.

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- Biological Sciences Technology - Environmental Sciences and Renewable Resources
- Chemical Technology
- Geological Technology
- Forest Technology
- Occupational Health & Safety
- Water & Wastewater Technician

Trades and Industrial

- Auto Body Technician, Pre-Employment
- Automotive Service Technician, Pre-Employment
- CNC Machinist Technician
- Industrial Heavy Equipment Technology
- Millwork & Carpentry

THURSDAY FEBRUARY 10

Sessions at 6:00 & 7:15 p.m.

Animal Studies

- Animal Health Technology
- Veterinary Medical Assistant

Health

- Biological Sciences Technology - Laboratory and Research
- Combined Laboratory and X-Ray Technology
- Dental Assisting
- Dental Technology
- Denturist Technology
- Diagnostic Medical Sonography
- Emergency Medical Technology - Paramedic
- Magnetic Resonance
- Medical Laboratory Assisting
- Medical Laboratory Technology
- Medical Radiologic Technology
- Optical Sciences
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- Respiratory Therapy



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Slow track to recovery

► Central bank interest rates remain unchanged since last September ► Economists expect governor Mark Carney to stay on the sidelines in March

After a disappointing third quarter, the Canadian economy expanded at the fastest pace in eight months in November, recording a better-than-expected 0.4 per cent gain.

The increase was one tick higher than economists had expected and suggests recovery is back on track, if a bit slow.

Statistics Canada said the gain was based on a strong month for oil-and-gas extraction, as well as wholesale and retail trade, real estate and the finance and insurance sector.

"The Canadian economy looks to have ended 2010 on an upswing," said Douglas Porter, deputy

Market moment

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(\$92.19 US)

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(+ 0.29¢)

Gold contracts

\$1,330.00

(+ \$1,329.00)

There were, however, familiar soft spots like the battered manufacturing sector, coping with a strong loonie and weak world markets. The agency said part of the decline reflected temporary plant shutdowns in the motor vehicle assembly industry and shift reductions in the motor vehicle parts industry.

Scotiabank economists said while the monthly gross domestic product performance was encouraging, it doesn't change the overall outlook for Canada. It will take a big advance in December for a strong fourth quarter wrap-up of 2010.

THE CANADIAN PRESS

chief economist with BMO Capital Markets.

Smart deals and Facebook coupons

Facebook launched a new feature in Canada allowing smartphone users to claim discounts by "checking in" while they are shopping at certain stores.

If users are at a store offering a deal, they can use their app or Facebook to "check-in" and show a cashier an onscreen coupon to get the discount.

Users can also search the nearby vicinity for other deals.

THE CANADIAN PRESS

Steal deals app

Facebook and smartphones save you money.

► Companies active through Facebook: AMC Theatres, Chapters Indigo, H&M, Joe Fresh and Telus.

► Facebook says no personal information is shared with businesses.

News in brief



Flaherty touts stimulus bucks

Finance Minister Jim Flaherty announced Ottawa is on track to deliver \$28 billion in stimulus spending this year.

He cited the success of almost 400,000 jobs created since July 2009 with the last package.

THE CANADIAN PRESS

Metro launches in Guatemala

Publinews in Guatemala City, Guatemala marks the 20th country in the Metro network.

It will be the first free

newspaper in Guatemala. "Metro Guatemala will be Metro's fifth country in Latin America — consolidating our position as the largest newspaper in the fast growing Latin American region," said Per Mikael Jensen, President and CEO.

● METRO

Chip flawed, but outlook up

Intel shares slid 33 cents to \$21.13 in morning trading after Intel Corp. said it found a design flaw in a recently released computer chip. It will discontinue its production.

Revenue will fall by about \$300 million in the first quarter.

The total cost to repair and replace the materials and systems affected will be about \$700 million.

However, despite the setback, the company raised its overall revenue outlook because of the impact of recent acquisitions.

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LOVE THY NEIGHBOUR ... IF THEY'RE QUIET

She says ...

**JESSICA
NAPIER**



I love living in the city. Unfortunately, so does everyone else.

With so many people desperate to live in the downtown, and only so much square footage to go around, the default option for most 20-something renters — who are at the midpoint between a grimy student house and a starter home they can't afford — is an apartment.

While units will vary in size and quality, most high-rise residences are essentially the same: Shrunk appliances; paper-thin walls; and hundreds of inhabitants that will inevitably irritate one another to the point of relocation.

Living in such close proximity

to one another makes it very easy to find cause for complaint. Loud animals, crying children, smokers, bedbug carriers, couples who have screaming matches into the wee hours of the night or, even worse, couples who enjoy loud bedroom gymnastics in the early hours of the morning.

In a building full of strange strangers, neighbourly love is almost non-existent. No one makes eye contact in the elevator and no one has ever knocked on my door for a cup of sugar. And do you know what, I have plenty of sugar people! The only thing my neighbours take from me is Wi-Fi access and my Saturday

morning newspaper.

Yes, that's right, every weekend a man down the hall steals my newspaper. I have no way to prove it's him but I know it to be true. He is the Newman to my Jerry.

"In a building full of strange strangers, neighbourly love is almost non-existent."

In addition to the newspaper bandit there's a high-heeled party girl upstairs who runs laps around her living room, a drill-wielding

handyman across the hall, and a tone deaf boy-next-door who plays bass guitar until 2 a.m.

Every address has a similar cast of charming characters who make communal living interesting — and not in a good way.

Of course, not all neighbours

are rude. Maybe yours are great and you have dinner parties and play charades and lend each other baking supplies all of the time. But more often than not, the neighbours you remember are the inconsiderate individuals who steal your parking spot and toss cigarette butts on your balcony.

In the end, it doesn't really matter whether you love or loathe thy neighbour, because there's not a whole lot you can do about it. You don't have to share a love of late-night movie marathons but you do have to share a postal code. So, in the name of harmonious living, turn the volume down.

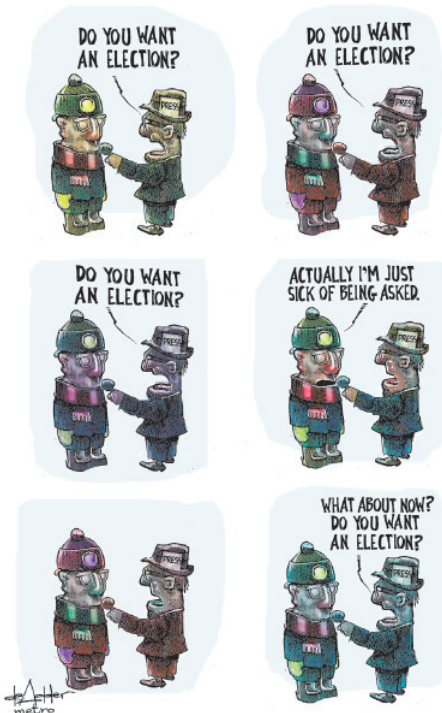


Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADDER

lol with Twitter feeds



Letters & Tweets

We asked: What is the funniest Twitter feed you follow?

@yegnumber9: I'm the funniest thing I know.
@arams11: funniest tweets are from @charliemcdowell who tweets about the 2 girls that live above him. Hilarious!
@stickchick2010: Gotta be tweets from @biznasty2point0 (Paul Bissonnette — NHL player — Phoenix Coyotes) They truly make me LOL!
@brownwynmaye: I think these ones take the cake: @Lord_Voldemort7, @ceoSteveJobs, @Queen_UK @alqaeda, @TFLN.
@anderson7: follow @thesulk. the most consis-

Funny followers



tent funnyman on twitter. he always seems to tweet when you need a laugh to survive the day.
@brightwhite: Not sure if you can print it, but my god @fireland is hilarious.
@quadsmom1: @smartphoned. Hilarious autocorrects!
@jme33: follow comedian @walkinsauce for her honesty and @tfln

because nothing good comes in a text after 12 a.m.
@concretefluff: Funniest feeds for me are @birdmurderer and @gutsmtcavish24.
@mariyasphotos: Funniest Twitter feed I follow is @GetRichIdeas because the ideas are a nice balance between brilliant & totally crazy!

Who is today's most overrated band or singer?

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Metro Minute at Narnia exhibition

Relive fantastic tales of lions, witches and wardrobes with your own kids in a visit to the Telus World of Science's Narnia exhibition. The 5,000-square-foot spectacle runs through May 8 and is included with the regular admission price. Members get to cross over to the C.S. Lewis- and Disney-inspired mystical land for free.

Photos are not allowed

during the 3-D, interactive experience but visitors will learn about geography, archeology, engineering and humans' impact on nature via hands-on elements and film artifacts. For a schedule, exhibit details or educational resources to accompany The Chronicles Of Narnia: The Exhibition, go online to www.narniaexhibition.com.

com. ● METRO



► The Telus World of Science is hosting a Narnia exhibition.

2
sceneCult classics on the
big screen

The details:

For more information on the Great Digital Film Festival, visit: Cineplex.com/events
Catch InnerSPACE every Monday through Thursday at 11 p.m. ET on SPACE



- Metro, SPACE and Cineplex have teamed up to present the Great Digital Film Festival, starting this Friday and running through Feb. 10
► We asked InnerSPACE host Teddy Wilson to give us the inside scoop on some of the films being screened

Hobbit on hold



Lord of the Rings director Sir Peter Jackson is in stable condition in the intensive care unit of Wellington Hospital in New Zealand after surgery for a perforated ulcer.

Publicist Melissa Booth said yesterday that Jackson was "doing well" but would be in the hospital for at least a few more days. She said doctors expect Jackson to make a full recovery.

Jackson was admitted to Wellington Hospital last Wednesday after complaining of acute stomach pains.

His illness has delayed the start of filming of *The Hobbit*, the two-part prequel to his Academy Award-winning *Lord of the Rings* trilogy.

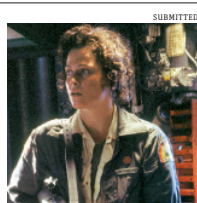
Production of *The Hobbit* had previously been troubled by financial issues and the departure of its initial director Guillermo del Toro.

THE ASSOCIATED PRESS



Back to the Future

Responsible for introducing "gigawatts" into the teenage lexicon, making DeLoreans cool and explaining the genesis of Chuck Berry's guitar sound, *Back To The Future* is easily the most fun time-travel film ever made. Interestingly, Eric Stoltz was originally cast as Marty McFly and actually shot several scenes before director Robert Zemeckis replaced him with Michael J. Fox.



Alien and Aliens

Though the sequel continues the story of Sigourney Weaver's alien-killing heroine Ripley, these films are stylistically very different. The first is a suspense-horror set in space, while James Cameron's sequel is an all out action gore-fest. But they're both really, really good. In space, no one can hear you scream (but in the movie theatre they certainly can).



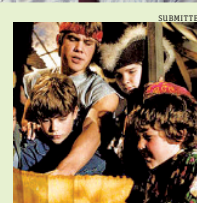
The Lord of the Rings Trilogy

With Peter Jackson at the helm, J.R.R. Tolkien's literary odyssey became an engrossing cinematic treat. And as the trilogy's record 17 Oscars and \$3 billion in box-office sales proved, it is indeed possible to satisfy fans of the book(s), the general masses and the critics.



Predator

Holding the weird distinction of starring two future U.S. governors (Arnold Schwarzenegger and Jesse Ventura) and one gubernatorial hopeful (Sonny Landham), the film's titular alien antagonist proved far more menacing than any political attack ad or scandal. With visual effects by the late (and very great) Stan Winston, *Predator* remains a sci-fi horror classic.



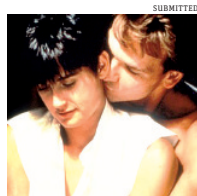
The Goonies

"Goonies never say die!" This Steven Spielberg-produced hit not only led to record sales of Baby Ruth chocolate bars but, more importantly, struck a balance between adventurous fun and moments of heartfelt poignancy. Characters like Mikey, Data, Mouth, Chunk and, of course, Sloth are indelibly etched in the minds of anyone who came-of-age in the '80s.

Alien screening:

Join Metro at the Scotiabank West Edmonton Mall in Edmonton this Friday at 6:30 p.m.

- Metro will be presenting the movie *Alien* and giving away prizes, so brush up on your *Alien* trivia!
► Get the Metro Green Carpet treatment, where the first 200 movie-goers will receive free pop and popcorn, courtesy of Metro.
► You could win free Metro swag and get a chance to win some fantastic movie-lovers prize packs.



Ghost

Ghost manages to retain its unabashedly romantic core — it is, after all, about the power of love to cross celestial boundaries — without venturing into overtly maudlin sentimentality. That's a tough task, and this is one of the few films to pull it off really well. And who would've thought that making pottery to Unchained Melody could be so damn sexy?!



The Usual Suspects

Who is Keyser Söze? If you've never seen this film and don't yet know the answer to that question, I envy you — you're in for one hell of a ride. Brilliantly written and directed, with a great ensemble cast and a twist-ending that is devastatingly awesome (and that's putting it mildly).



12 Monkeys

What a bizarre experience it would be to look inside the mind of filmmaking auteur Terry Gilliam. Each of his movies gives us a little glimpse and *12 Monkeys* is my favourite peek yet. A dystopian time-travel mind-bender featuring Brad Pitt at his unhinged best, it's actually based on an obscure French short film from 1962 called *La Jetée*.



Fight Club

With heaps of praise for *The Social Network*, director David Fincher is having a very good year. *Fight Club* stands out as an early gem in his filmography, mixing stellar performances by Brad Pitt, Edward Norton and Helena Bonham Carter with a darkly surreal script based on Chuck Palahniuk's novel. The final scene set to *The Pixies'* *Where Is My Mind* is amazing.



Producer of 9/11 conspiracy film
Loose Change arrested on drug
charge in upstate New York

Talking points

No beef on the block for New Kids' Knight

COMING OUT. New Kids on the Block member Jonathan Knight isn't mad at fellow '80s teen star Tiffany for outing him as gay recently — since he wasn't in the closet, he insists.

"I have never been outed by anyone but myself. I did so almost 20 years ago," Knight posted on his group's official fan site.

"I have lived my life very openly and have never hidden the fact that I am gay. Apparently the prerequisite to being a gay public figure is to appear on the cover of a magazine with the caption, 'I am gay.' I apologize for not doing so if this is what was expected."

● METRO

Madonna preparing for her final tour?

Big-name guests may come along

Madonna is planning another tour, and it may be her last, according to News of the World, so she's looking into pulling in some special guests.

The singer is reportedly looking into having Glee stars Lea Michele and Cory Monteith appear in some manner on tour with her.

"Madonna wants to break records and make her career bigger than ever," a source says.

"And because the Glee episode featuring her music was such a hit, there are plans for the cast to appear. She is in amazing shape for her age, but this could be her last big world tour she does for a while as she wants to concentrate on business ventures."

● METRO



► Madonna

Celebrity tweets



Neil Patrick Harris
[@Actual-lyNPH]

The tots both started laughing. On the same day. I'm now obsessed with getting them to do it. Babies laughing is like opium.



Sarah Silverman
[@SarahKSilverman]

Wish I was more unique but alas I'm deeply consoled by a scoop of vanilla



Ben Stiller

[@RedHourBen] Heading to work 4:30pm



Joel McHale
[@joelmchale]

Believe me I'm more shocked than you. To know that I'm related to Oprah & find out I'm a woman. It's almost too much.

● METRO

Public needs to stop rewarding Charlie for behaviour: Friend

While he checked himself into rehab over the weekend, how seriously Charlie Sheen takes getting treatment will reportedly depend on how well his hit sitcom Two and a Half Men does, according to

Popeater.

"If the ratings go through the roof again, as they did after Charlie's incident in New York, CBS and Charlie will be out again in no time and back to his old ways," a friend of

the actor says.

"However, if the public finally stops rewarding Charlie for his bad behaviour, then, and only then, can you expect him to take the situation seriously."

● METRO



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ALIEN
ALIENS
GHOST
PREDATOR
FIGHT CLUB
12 MONKEYS
RAGING BULL
THE GOONIES
DIRTY DANCING
LETHAL WEAPON
THIS IS SPINAL TAP
BACK TO THE FUTURE
THE USUAL SUSPECTS
THE BLUES BROTHERS
THE HUNT FOR RED OCTOBER
BIG TROUBLE IN LITTLE CHINA
LORD OF THE RINGS: FELLOWSHIP
LORD OF THE RINGS: TWO TOWERS
LORD OF THE RINGS: RETURN/KING

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CHECK OUT THE 6:30PM SCREENING OF ALIEN ON FEBRUARY 4TH AT THE SCOTIABANK THEATRE EDMONTON, #3030, 8882-170 STREET. METRO WILL BE ON SITE FROM 5:30PM GIVING AWAY AWESOME SWAG AND A CHANCE TO WIN AN XBOX 360!

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3

life

Superfood: Oats



The Dukan diet plan recommends three spoonfuls of porridge oats a day (with water or skimmed milk). They're a great source of protein (obviously) as well as zinc, calcium, magnesium and iron. Their high soluble fibre content is important during phase 1 of the diet where some can experience digestive side effects from all the protein.

 ROMINA McGUINNESS



Health Canada issues voluntary recall of weight loss, body-building product

3 weeks to better you

- These small ideas have a big cumulative effect ● Each is doable during your lunch break
 ● Start by learning, and crossing off some cultural to-dos and then branch out
- METRO WORLD NEWS

WEEK 1: EDUCATE YOURSELF

LEARN MORE

Next time someone mentions something you wish you knew more about (The Bible, the Guevara, how to make homemade cocaine), take note. Then today, go to Wikipedia and read the entry for it. If you're still interested, check the bibliography and buy one of the books listed to learn more.



SPELLING

There's a word you misspell all the time (there's definitely no "a" in "definitely," for example). Develop a trick to help you remember it correctly once and for all.



TRANSLATE

Using Google Translator, learn how to say one useful phrase in four languages you don't know, from countries you've always wanted to visit. To će biti korisno jedan dan u Hrvatska (this will come in handy one day in Croatia).

WEEK 2: FEEL BETTER



FIND GOOD PEOPLE

Find someone who always seems positive and ask them how they remain that way. Use their tricks. And remember their face when you feel yourself spiraling into negativity.



DECISIONS

Ask three intimate friends to appraise your mental and physical state, remembering to remain mature enough to not take the responses personally. Then ask them for constructive advice to help you improve what's lacking. Do the same for them.



ASSESS YOURSELF

Focus on a physical weakness — your weight, inflexibility, acne, whatever — and find a trusted exercise book that deals with the issue. Any book that espouses responsible exercise can only help your overall well-being.

WEEK 3: UNPLUG

FACEBOOK

Don't check your Facebook feed for one day, setting your account to alert you when you get private messages (those are allowed).



CULL THE HERD

Log on to Facebook and read the previous day's updates—the ones you missed. "Hide" the friends who say things that you're not interested in. Then consider whether you need to check the feed every day.



READ

Remember all those books, songs and movies you discovered in week one? Post something to your Facebook feed sharing info about them. Consider sharing only interesting things from now on.

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Getting back on resolution track

► Don't despair if you haven't seen the progress you wanted ► Here's how you can get back into routine



CELIA MILNE
LIFE@METRONEWS.CA

Did you make a New Year's resolution? To lose weight? To exercise more? To drink less alcohol?

Well, the fact that you declared your resolution will actually help you keep it.

Don't despair if a month later you've seen little progress.

"Think of resolutions as marathons, not 100-yard dashes. Prepare for the long haul of a changed lifestyle," says Dr. John Norcross (PhD), a professor of psychology at the University of Scranton, Ohio, and coauthor of the book *Changing for Good*.

According to Dr. Norcross' research, about half of us make New Year's resolutions.

Most resolutions are about self-improvement changes such as losing weight, starting to exercise, quitting smoking or drinking less alcohol.

Believe it or not, studies show that 40

per cent to 46 per cent of New Year's resolvers will be successful at six months.

In fact, if you make a New Year's resolution, you are 10 times more likely to change compared to those who have the same goals and motivation to change, but didn't use the annual changeover to make a resolution.

It's OK to fall off the rails once in a while.

"Most successful resolvers slip in January," says Dr. Nor-

cross. "Don't let one missed exercise class end the exercise program."

One research study found that 71 per cent of successful resolvers said their first slip had actually strengthened their efforts.

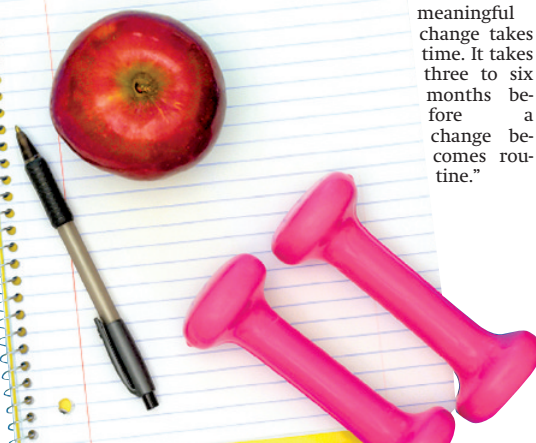
He suggests preparing for slumps in February by creating a "slip plan" to deal with those situations.

Slips can be associated with negative emotions and social pressures.

Try leaving the pressure situation or distracting yourself by calling a friend or going for a power walk.

"Remember that meaningful change takes time. It takes three to six months before a change becomes routine."

NEW YEAR'S RESOLUTIONS



Workout

What's in your ideal workout week?

► Fitness Participation rec-

ommends at least 150 minutes per week (that's half an hour five days a week) of moderate or vigorous-intensity aerobic physical activity. You can break it

up into 10-minute segments. Add muscle and bone strengthening activities such as lifting weights, at least two days a week.

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Ecuador...9.9¢	Lebanon...9.9¢	Trinidad...4.9¢	
El Salvador...9.9¢	Libya...24.9¢	U.A.E...14.9¢	
Guyana...24.9¢	Nepal...7.9¢	Vietnam...4.9¢	
	Romania...2.9¢		

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Poland	Portugal	Russian	Singapore	Spain	Sweden	Switzerland	Thailand	UK	US	Venezuela

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► The Deluxe Dinner for Two (\$37.50) combines sweet, sour and savoury.

Celebrate Chinese New Year with The Lingnan tradition

► This eatery has more than 60 years of experience

LUNCH RUSH

CHRISTOPHER THRALL
FOOD@METRONEWS.CA



For more than 60 Chinese New Years, The Lingnan has served eager Edmontonians their Cantonese and Szechuan cuisine.

One step inside proves it: From its intricate ceilingwork to the jade dragons, no restaurant gets this sumptuous overnight!

Adventurous souls could wrestle with peaches

and cream shrimp or Mongolian filet mignon.

However, my beloved is a combo junkie and we ordered the Deluxe Dinner for Two (\$18.75 per person) with jasmine tea (\$3).

To be honest, the three heaping platters that followed the tiny bowls of warm wonton soup were a little bit intimidating.

Lingnan special fried rice was dotted with shrimp and vegetables, mixing beautifully with tender strips of beef and crisp broccoli in the Manchurian platter.

Crispy lemon chicken was both crispy and lemo-

ny, but I found it a little sweet for my taste.

With the Year of the Rabbit beginning on Thursday, savour a bit of Chinese cuisine for yourself. The Lingnan is exactly what it seems: a fantastic example of the Chinese restaurant found in every prairie town. Long may it reign.

► **The Lingnan**
10582 104 St.
780-426-3975
thelingnan.com
Price range: Mid
Reservations: Yes
Rating: 3.5 out of 5



Belly Button Tortellini Soup

Yields 4
Prep time:
5 minutes
Cooking:
15 minutes

► For an alternative, try adding spinach and red pepper.

Preparation:

- 1 In a large pot, boil salted water.
- 2 When water is boiling, toss in tortellini and cook for 8 minutes or until they are floating to the top. Drain the tortellini and set it aside.
- 3 Meanwhile, in saucepan, bring the stock and parsley to boil. Stir in the tortellini and simmer for 5 minutes.
- 4 Serve the soup in deep soup bowls sprinkled with Parmesan.



EMILY RICHARDS
FOOD@METRONEWS.CA

favourite for small and big kids, alike.

Ingredients:

- 1 lb (500 g) fresh or frozen meat or cheese tortellini
- 8 cups (2 L) chicken or vegetable stock
- 2 tbsp (25 mL) chopped fresh Italian parsley or basil
- 1/4 cup (50 mL) grated Parmesan cheese

My grandmother makes this soup with homemade stock.

She makes it for us on cold nights and also on hot nights because it's one of our favourites.

We used to, and still call it "belly button" soup because of the shape of the tortellini. This is a big

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF ON CANADIAN LIVING COOKS. FOR MORE ABOUT EMILY AND HER RECIPES, VISIT EMILYRICHARDSCOOKS.CA.

HELLO CAN GO A LONG WAY



► Jamie and Robert

Names: Jamie, 25 and Robert, 26

Current city: Dartmouth, N.S.

Together since: 2002

Their story:

It was a winter in Montreal and my brother and I (Jamie) wanted to test out a snow hill near our home.

When this guy (Robert) came by, my brother thought it would be funny to toss an ice ball at him.

Robert got mad and was about to beat up my brother.

I intervened and cooled things down.

We went our separate ways, but it turned out that Robert and I lived directly across the street from one another.

Every now and again I saw him waiting at the bus stop and said, "Hi."

College came around and we ended up going to the same school.

He recognized me in the hall one day as (and I quote) "that crazy girl

who says hi to me all the time" and he finally said "hi" back!

We started taking the bus home together, and soon started dating.

We married in 2008, have lived in Nova Scotia for three years, and we couldn't be happier.

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COMPROMISE IS KEY TO STAYING OUT OF RELATIONSHIP DANGER ZONE

My wife and I are looking to buy our first house.

She's very close with her family and insists we find a place in the same neighbourhood as her parents.

The prospect frightens me to my very core. How do I tell her no way?

Angela says ...

Getting in between family is one of the toughest tests to a relationship.

And this is one of those cases where compromise will be the only solution. If you move her too far from her family, she'll resent you and, once you have kids, rub it in your face every time you need a babysitter.

Move too close and you'll feel your identity as an independent couple

squashed like that spider that set up shop at my back door last summer.

Can you agree on a home several blocks away?

So instead of a five-minute drive, you'll have a 20- or 30-minute buffer.

Derek says...

If she's not willing to cut that umbilical cord, you might be stuck.

There is only so much prodding you can do before you enter the relationship danger zone.

But chin up; there are some hidden benefits to living near family — think easy child-care, free dinners — that can free up your personal time.

This might be your golden opportunity to take up golf.

Exploring when it's not just a kiss

EMILY ANNE EPSTEIN
METRO NEW YORK

Psychologists say that 66 per cent of women will end a budding relationship if the first kiss goes awry, while only 59 per cent of men place the same emphasis.

So what, exactly, is in a kiss?

This is the subject of Sheril Kirshenbaum's new book, *The Science of Kissing*.

In it, the native New Yorker explores everything that goes on between our lips — from the hormones to the history.

"Kissing is a powerful experience," said Kirshenbaum.

"It engages all the senses: scent, taste and touch are all sending information to our bodies as to whether it's a good match or not. It's nature's ultimate litmus test."



► Kissing is "nature's ultimate litmus test," according to author Sheril Kirshenbaum.

Sara Forbes, curator of the Museum of Sex in Manhattan, told Metro: "A kiss is something deep. It's the beginning of the sexual self."

Some, however, don't quite understand the impact of a kiss.

"People are in a hurry in every aspect of their life," said psychotherapist Jonathan Alpert.

"Based on my practice, romance and intimacy is often lost; the art of foreplay is skipped over.

"Kissing, in many ways, is more intimate than sex."

66

Per cent of people tilt their head to the right when kissing.



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ALISON GRIFFITHS
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It's official. We're anxious ... about retirement. Even those with decades left before

starting to grow roses are fretting that they're not saving enough.

A recent TD Waterhouse survey shows that 67 per cent of Canadians over age 45 are worried they're not on financial track for retirement. Only 15 per cent were content with their retirement preparations.

So what's a retirement nail biter to do? First thing is to analyze your own situation. Financial planners commonly throw out 70 per cent of pre-retirement income as the amount people need after leaving the workplace.

That number is a one-size-fits-all approach. A high income earning couple might easily get by with 50 per cent or less. Similarly, someone living a frugal lifestyle outside the urban core could also be quite happy with half of what they previously earned.

Your housing situation, hobbies, cost of living and willingness to work part-time post-retirement will have a huge impact on how much you will need.

4.5%

Amount of personal income saved by Canadians in 2010

2005 - 1.5 %
1982 - 20 %

And downsizing, especially in expensive cities such as Vancouver and Toronto, to smaller abodes or to cheaper communities can free up large amounts of equity to bolster retirement savings.

Empty nesters who don't want to downsize or move might increase post-retirement cash flow by renting a room to a student during the academic year. Many retirees can also improve their balance sheet by shifting to a single car and cell phone.

There is another variable that could have an enormous impact on your post-retirement income needs — how your tastes may change.

My father and mother-in-law moved from a waterfront home in Victoria to a double wide mobile home in a 55-Plus community outside Sidney, B.C. They loved it.

In short, there are many ways to look at retirement so don't be panicked by any magic number or percentage. Do these four things and



► 67 per cent of Canadians over 45 feel they are not prepped for retirement.

you'll probably be okay:

1. Contribute as much as you can to your RRSP or other savings accounts.
2. Save monthly and make it a habit.
3. Invest the money conservatively.
4. Aim to be debt free upon retirement.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA



DATING ON A DIME

Does Dating put you into overdraft? Taking on debt for wining and dining isn't frugal. There are plenty of inexpensive

run, bike, rollerblade, work-out or toboggan. Head to a park, go for a swim, or spice up a game of tennis with competition — the loser buys the next glass of vino (less than \$20). Take advantage of free outdoor festivals and plays.

Rent old movies or see a flick in the cheap theaters (less than \$20). Get to know each other's friends by hosting games night — charades, board games and appetizers (less than \$30). Check out art exhibit openings or book launches. Tickets are often free or priced relatively inexpensive (less than \$40).

Skip restaurants and turn a weekly grocery trip into a farmer's market adventure. Pick up fresh ingredients for a home cooked meal which you can make together. Cooking is romantic, fun, and easy — download free recipes from the Internet and follow along.

Dating on a budget often inspires creativity and allows you to showcase your true colours. Always remember: the point of a date is to spend time with someone special; not bust your budget.



IN THEATRES FEBRUARY 11

sive dating activities that won't cramp your style or your wallet.

Meet your date at a local coffee house and kick back for a few hours in a casual atmosphere (less than \$10). Or, grab coffee to-go and walk around the neighbourhood. Share stories and enjoy the chit-chat.

Get active and walk,

How to spend is key for retirement income

► Make a budget ► Consider a guaranteed fund that pays monthly

When picturing the so-called golden years, we often think of exotic vacations, focusing on our hobbies or spending time with family and friends. It's easy to forget that, along with our big-picture plans, there will also be day-to-day expenses and unexpected costs that can eat into our retirement savings.

With changes on the way to the Canada Pension Plan and employer-sponsored pension plans becoming less common, future retirees need to take on more individual respon-

sibility to ensure they have enough income for their retirement.

"Canadians are living longer, and many fear they will outlive their savings," says Tina Di Vito, head of BMO Retirement Institute. "In order to be prepared, the first step is for Canadians to think about the various factors that will affect their retirement, including their health, life expectancy, marital status, the cost of living and the level of expenses they will incur."

To ensure a comfortable retirement and to maintain peace of mind, you



► Many Canadians fear they will outlive their nest egg, BMO's Tina Di Vito says.

need to plan ahead and assess how much income you will need on a monthly basis after you stop working. You should also think about where this revenue will come from and how much of a "sure thing" it is.

Di Vito recommends that every Canadian should have at least one source of guaranteed retirement income. Ideally, this guaranteed component should make up at least 30 per cent of your overall retirement cash flow.

To help you achieve this, she suggests investing in a plan that will pay a set amount over the course of a lifetime. BMO, for example, recently introduced the BMO Lifetime Cash Flow. It's a deposit that can provide you with a six per cent payout every year for the rest of your life. It also offers tax savings, since no taxes apply for the first 25 years. Essentially, Di Vito

RRSP TIME

How many eggs in your basket?

How much money should you have for the retirement you want? Surprisingly, it's not all about numbers.

"Life in retirement can be unpredictable," says Lee Anne Davies, head of retirement strategies at RBC. "To prepare yourself for the unexpected, it's important to focus on making your nest egg last, rather than focusing on a specific amount to save."

RBC offers three tips to help make that nest egg go a little further.

- Create a strategy:

You need a financial plan that will help you achieve the retirement lifestyle of your dreams. Some questions to consider: What kind of retirement do you want? How do you want to spend your time?

- Set a budget: It's important to know where your money will come from and what it will go toward. It is just as important to keep track of retirement spending as it is to track retirement income.

- Pace yourself: Knowing the amount and timing of your withdrawals is just as important as saving money in the first place. You need to be able to withdraw enough in order to enjoy your retirement but ensure that the money lasts. **NEWS CANADA**

says, it acts as a safety net for retirement and helps ensure you have at least a

portion of your retirement income guaranteed. **NEWS CANADA**

Save early, save often to boost RRSP

- It's in your best interest — literally, financial planners say
- A small sum invested monthly can outgrow a lump sum once a year

It's RRSP crunch time — that time of year when you search the nooks and crannies of your finances for the money you need to make your annual contribution to your registered retirement savings plan. While experts say that is absolutely the

right thing to do, it's tough to come up with a sizable lump sum at any time of year, let alone after the holiday season. You may even find you have to take out a bank loan to meet your maximum allowance.

Financial-planning ex-

perts caution that leaving your RRSP contribution to the last minute also means you have lost out on all that tax-sheltered compounded growth you could have benefited from through the year.

"Using a preauthorized contribution arrange-

NEWS CANADA



► Leaving your RRSP contribution to the last minute means you lose out on tax-sheltered compound interest. Financial planners recommend investing smaller amounts over the year.

ment, or PAC, is simple, easy to do and delivers long-term benefits in terms of investment growth," says David Ablett, a financial-planning expert at Investors Group.

Ablett says that if you invest a lump sum once a year you are likely to end up with less money in the long run than if you were to divide the lump-sum investment into 12 portions and invest monthly. The main difference, he notes, is that the money you invest each month begins to compound and grow earlier than if you waited to invest it once a year.

As time passes, your income changes and your life changes: So your PAC should change too. Financial planners suggest that you reset your PAC annually. That way, you'll keep your RRSP contributions and other investing in line with inflation and personal wage increases.

Your investment plan and your PAC are elements in a total financial program tailored to help you achieve your goals. Your professional adviser can help you put together a complete package that is right for your life today and tomorrow.

NEWS CANADA



► Even a small investment can generate wealth over the long term, thanks to the power of compound interest.

Make the snowball effect work for you

Kick a small ball of snow into motion from the top of a hill and by the time it gets to the bottom it will be noticeably larger. That's the snowball effect — and you may be able to get the same growth effect in your investments.

By making even a small investment and leaving it to grow, the income it generates is reinvested — or compounded — and over the longer term your small investment will grow exponentially, says Myron Knodel, a financial-planning expert with Investors Group.

"The key is to get your financial snowball rolling as soon as possible," Knodel says. "The sooner you invest, the longer your money will have to grow. And that usually means more wealth at the end of the road."

Here is a simple example of the power of compounding:

"The sooner you invest, the longer your money will have to grow. And that usually means more wealth at the end of the road."

MYRON KNODEL, INVESTORS GROUP

- You invest \$10,000 at 10 per cent, and in a year you have earned \$1,000 in interest.

- You add that to the original investment for a new total of \$11,000, and the next year that new total earns \$1,100 in interest at the same rate.

- If there was no immediate tax on the interest, you now have a total of \$12,100 invested at 10 per cent.

Knodel says a professional adviser can help you devise a plan to take advantage of the power of compounding.

NEWS CANADA

Online investing not optimal, yet

INVESTING

TALBOT BOGGS
THE CANADIAN PRESS



Industry reports estimate that online investing is alive and thriving in Canada, with about \$200

billion in assets and companies continuing to add new products and services to their sites. However, recent studies of the Canadian online banking and brokerage industries indicate the customer online experience leaves a lot to be desired, in spite of efforts by firms to improve the quantity and quality of their tools and resources.

Complaints about the sites centre on the lack of visual appeal, sophisticated design and support resources once customers enter the transactional areas.

"From year to year, the overall online experience remains the same at the majority of firms as new industry products emerge and are introduced into current outdated sites," says

Glenn Lacoste, president of Surviscor, a firm that analyzes and ranks Canadian online services. "Companies continue to introduce new things but they are not changing the dynamics of the site to make them more user-friendly."

"Adding functionality simply increases the size of the pile," Lacoste adds. "Re-designing the sites to im-

prove access and use of information is a must."

But some online brokerages are making an effort to provide tools that help customers manage their portfolios. A recent survey by RBC found that the majority of Canadian self-directed investors are using their online brokerage account for long-term investment such as saving for retirement or a child's education. Only 11 per cent reported using their online accounts for short-term profit.

The poll also found the more diversified a portfolio, the likelier investors are to say it has performed well. In spite of that, however, only 19 per cent of online investors believe their portfolios are well diversified.

"The greatest demand is for portfolio-management tools that help investors build and monitor their long-term investment strategies," says Jason Storsley, president and CEO of RBC Direct Investing.

NEWS CANADA

What's in your RRSP?

A recent survey by BMO Financial Group suggests that 70 per cent of Canadians are not familiar with the investments in their RRSPs.

"Knowing what investments you hold and reviewing the key fundamentals of investing

are an excellent way to ensure you're on the right track with your RRSP," says Domenic Gallippi, head of term investment products at BMO Bank of Montreal.

Here are some typical investments in RRSP portfolios.

- **Guaranteed Return Products:** The stability of guaranteed investment certificates (GICs) are suited for investors who have a low tolerance for risk. Most financial institutions offer a full suite of GICs that pay no matter how the market performs.

- **Mutual Funds:** These are professionally managed investment portfolios that provide exposure to many industries, geographic regions and stock markets.

- **Individual Stocks:** Experienced investors who are confident in their expertise in analyzing and

understanding markets can invest in individual stocks by purchasing shares in companies. These tend to be long-term investments that offer time to recoup losses in-

curred by volatile markets.

Gallippi recommends you spread your money among a variety of investments for higher returns, lower risk and a stronger portfolio. **NEWS CANADA**



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Your MBA: How to fund tuition

► Scholarships, bursaries can help ► Student loans available ► Worth it to add value to your resumé



If you want to dot the 'i' and cross the 't' in your expertise (or, in other words, give your job skills a big boost), earning a Masters of Business Administration degree may be the career move you need.

"If you think of a person in terms of a 't,' and the vertical part of the 't' is their expertise, whether they're an engineer, whether they're a teacher ... what the MBA does is put the horizontal cap on it," Jim Dewald, associate dean of graduate programs at the University of Calgary's Haskayne School of Business, told

Metro Canada.

Dewald said an MBA "gives people general management skills, so they understand how to motivate people and teams, how to recruit and train top employees ... (and) still be effective as an engineer or as a teacher."

But that extra piece of paper on your office wall — and the horizontal cap on the 't' in your expertise — comes at a cost.

So how does an aspiring MBA student pay the \$30,000 tuition bill at the University of Calgary?

Dewald said the business school hands out about \$300,000 of entrance scholarships annually, based on academic performance, including the Graduate Management

Admission Test.

Additionally, while the MBA program is targeted to students with varying undergraduate degrees, anyone with a bachelor of commerce degree "will likely get exemptions"

"We call it good value for money."

JOAN WHITE, ASSOCIATE DEAN,
UNIVERSITY OF ALBERTA

from certain courses, he said.

Joan White, associate dean of MBA programs at the University of Alberta School of Business in Edmonton, said donor funding for scholarships amounted to about \$240,000 this year.

There are also \$300,000

in bursaries awarded annually, mostly to international students, and \$150,000 worth of entrance scholarships.

Government student loan programs also recognize "that MBA programs are more expensive, so their criteria has been adjusted," White said.

That funding diversity goes a long way toward helping MBA students at the University of Alberta cover the \$25,000 program cost, and toward reaching their job-boosting goals.

"We call it good value for money," she said.

Better: Get your boss to pay

So, you want work to help pay for your MBA?

Joan White, associate dean of MBA programs at the University of Alberta School of Business in Edmonton, said it's actually not uncommon for employers to partially, and sometimes fully, support their employees financially.

She suggests pitching the idea of applying for either a full-time or part-time MBA program during performance evaluations.



► An MBA caps off your other training and experience.

"If you're with a good organization, and you have good supervisors, then they are going to recognize when it's time for an individual to gain more education."

Jim Dewald, associate dean of graduate programs at the University of Calgary's Haskayne School of Business, said different corporations have different policies on sponsoring employees.

"They do have some hurdles," he said.

"They have to present a business case usually, they have to be at a certain level in the organization (and) it has to fit with their overall targeted growth."

Ultimately, it's a business decision that can benefit employee and employer alike.

"As that person grows in the organization, they can feed a lot of their learning back into making the organization a better place," he said.

Graduate comments

What has your MBA done for you?



Katrina Bonnycastle

29, UNIVERSITY OF ALBERTA
SCHOOL OF BUSINESS, 2010

SENIOR BUSINESS ANALYST,
ALBERTA INVESTMENT MANAGEMENT CORP., EDMONTON

"The (University of) Alberta MBA helped me develop the skills, knowledge and confidence I need to excel in the investment industry. My MBA taught me the importance of humility, by not only making positive contributions in the place where I work, but also in the community in which I live."



Rick Dowell

31, UNIVERSITY OF ALBERTA
SCHOOL OF BUSINESS, 2009

SENIOR MANAGER COMMERCIAL SERVICES, EPCOR TECHNOLOGIES, EDMONTON

"My MBA has provided me with the tools necessary to analyze situations and develop solutions, even when key information is unavailable. I am much better equipped to handle the increasing pace of change in the business world today and embrace change as an opportunity."



Heather Johnson

36, HASKAYNE SCHOOL OF
BUSINESS, 2010

STRATEGIST, WILLIAM JOSEPH COMMUNICATIONS, CALGARY

"The MBA has allowed me to transition to a new career by adding comprehensive business knowledge and strategic frameworks to my previous experience and education."

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"It didn't matter for me if the Cavs were going to have a successful season or not."

LEBRON JAMES WHEN ASKED ABOUT HIS FORMER TEAM, THE CLEVELAND CAVALIERS, BEFORE HIS MIAMI HEAT EXTENDED THE CAVS' LOSING STREAK TO 21 GAMES WITH A 117-90 WIN LAST NIGHT.

"I felt like I was making the right choice for me as an individual and for my career. Like I said, I have nothing bad to say about the players that I left and the team."

Lone Star state of mind

- Packers, Steelers embrace Texas trappings as they land in Dallas
- Green Bay fans show up in bigger numbers than Pittsburgh supporters



► Hines Ward of the Pittsburgh Steelers talks with media yesterday at the Omni Fort Worth Hotel.

Video cameras and cowboy hats were in style as the Pittsburgh Steelers and Green Bay Packers arrived yesterday at the Super Bowl.

With dozens of fans chanting "Go Pack Go" as the players walked off team buses, the Packers witnessed Super Bowl frenzy for the first time in 13 years. Many of the players carried video cameras or aimed their cellphones at the crowd to take pictures before heading to news conferences.

A few of them wore cowboy hats, but none

went as far as Steelers veteran receiver Hines Ward. He took the True Grit route, decked out in black cowboy hat, black shirt, belt buckle and jeans.

Steelers quarterback Ben Roethlisberger held his cellphone high, taking photos of the six-deep pack of reporters at his podium.

"Just taking it in stride, enjoying this opportunity regardless of what comes or how it comes," Roethlisberger said. "Take it all in."

Taking it all in were the big guys who block for him. They paid tribute to

"I'm in Dallas, Texas. I wanted to put on my whole cowboy outfit and enjoy it."

HINES WARD, STEELERS RECEIVER

tackle Flozell Adams, who spent a dozen seasons as a Dallas Cowboy before joining this Pittsburgh team, by wearing his No. 76 Michigan State shirt as they deplaned.

There were plenty of fans in black and gold outside the Steelers' hotel, some carrying the obligatory Terrible Towels. But

they were far outnumbered at the Packers' hotel in Irving a few hours later when the NFC champions pulled in.

Maybe that has something to do with Pittsburgh making its third Super Bowl appearance in six years. Not that the players are blasé about it.

"It's always exciting for the opportunity to close up the season by playing in the Super Bowl," Roethlisberger said. "I don't think you ever get tired of this, so take as much video and pictures as you can."

THE ASSOCIATED PRESS

All-star ratings hit peak of 3.35M

The new NHL all-star game format was a ratings boon for CBC.

An average audience of 2.389-million viewers tuned in Sunday as Team Lidstrom defeated Team Staal 11-10, the public broadcaster said in a release yesterday.

Viewership of the showcase game in Raleigh, N.C., peaked at 3.35 million late in the third period with Team Staal pressing for the tie.

Sunday's average ratings for the all-star game were the network's best since 1999, when it drew 1.67-million viewers. CBC drew an average of 1.527-million viewers for the 2009 all-star game in Montreal. There was no all-star game last year because of the Vancouver Olympics.

The introduction of a new measuring system in September 2009 has seen sports TV ratings skyrocket.

This year's all-star game featured a fantasy draft instead of the stale conference-versus-conference format.

The teams were picked by Detroit Red Wings captain Nicklas Lidstrom and Carolina Hurricanes captain Eric Staal.

Meanwhile, CBC said Saturday night's skills competition drew an average audience of 2.446-million viewers. The previous high again came in 2009, when 1.371-million viewers tuned in.

Friday night's fantasy draft averaged 1.5-million viewers on TSN.

THE CANADIAN PRESS

Chelsea pays record sum for Torres

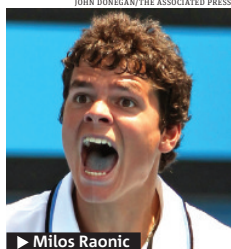
Fernando Torres became the third most expensive player in football history when he joined Chelsea for a reported 50-million pounds (\$80.1 million) from Liverpool yesterday.

The Spain striker signed a 5½-year contract at Chelsea in a move described by Liverpool as a British record.

The fee is only bettered by Real Madrid's purchases of Portugal forward Cristiano Ronaldo and Brazil playmaker Kaka in 2009. THE ASSOCIATED PRESS

Raonic gets big bump in rankings

5 The top five remained the same in the rankings with Rafael Nadal at No. 1, followed by Roger Federer, Australian Open winner Novak Djokovic, Robin Soderling and Andy Murray. David Ferrer improved one spot to No. 6.



► Milos Raonic

Canadian Milos Raonic, one of the major stories of the Australian Open, has rocketed 58 places to No. 94 in the ATP rankings released yesterday.

The 20-year-old from Thornhill, Ont., made it to the fourth round in Melbourne before losing 4-6, 6-2, 6-3, 6-4 to seventh-seeded David Ferrer of Spain.

The six-foot-five Canadian with the booming serve downed Bjorn Phau in the first round, surprised No. 22 Michael Llodra in the second round and stunned No. 10 Mikhail Youzhny in the third round.

Vancouver's Rebecca Marino cracked the WTA's top 100, jumping 20 places to No. 84. THE CANADIAN PRESS



Scan code for more sports

ATP AS OPEN
 At Johannesburg
Yesterday's results
Singles — First Round
 Rik de Voest, South Africa, def. Stefano Galvani, Italy, 6-3, 5-7, 7-6 (6).
 Simon Greier, Germany, def. Thiago Alves, Brazil, 6-2, 7-5.
 Somdev Devaraman, India, def. Raven Klaassen, South Africa, 6-4, 6-3.
Doubles — First Round
 Karol Beck, Slovakia, and Dudi Sela, Israel, def. Dustin Brown, Australia, and Roger Wassen, Netherlands, 6-3, 7-5.
 Yen-hsun Lu, Taiwan, and Janko Tipsarevic, Serbia, def. Adrian Panararo and Florent Serra, France, 6-3, 6-4.
 Tomas Berdych and Michal Przysiezny, Poland, def. Johan Brunstrom, Sweden, and Ken Skupski, Britain, 7-5, 4-6, 10-8 tiebreak.

ATP MOVISTAR OPEN
 At Santiago, Chile
Singles — First Round
 Thomas Bellucci (3), Brazil, def. Filippo Volandri, Italy, 6-2, 7-5.
 Juan Ignacio Chela (4), Argentina, def. Jorge Aguilar, Chile, 6-3, 7-5.
 Potito Starace (5), Italy, def. Paul Capdeville, Chile, 3-6, 6-3, 6-4.
 Tommy Robredo (6), Spain, def. Frederico Gil, Portugal, 2-6, 6-3, 6-4.
 Igor Andreev (7), Russia, def. Eduardo Schwank, Argentina, 6-2, 6-4.
 Albert Ramos-Violas, Spain, def. Leonardo Mayer, Argentina, 6-4, 6-4.
 Pablo Andujar, Spain, def. Peter Luczak, Australia, 6-4, 6-4.
 Ricardo Mello, Brazil, def. Ruben Ramirez Hidalgo, Spain, 6-4, 6-7 (5), 7-6 (2).

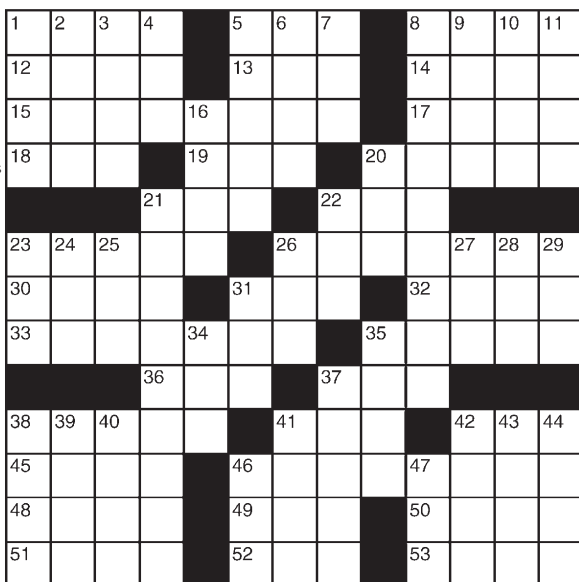
Crossword

Across

1 Uncomplicated
5 Spring mo.
8 Malay prince
12 Albacore, e.g.
13 Tall tale
14 Unendingly
15 Made into a ball, as paper
17 Appear
18 Crone
19 Succor
20 Dwight's predecessor
21 Sermon subject
22 Kipling lad
23 Become established
26 Having dents, as a golf ball
30 Mosque VIP
31 Enjoyment
32 Turner of Hollywood
33 In need of ironing
35 Rushmore figure
36 Depressed
37 Foundation
38 Paint ingredient
41 Raw rock
42 Fuss
45 Settled down
46 Trod on
48 Director Premiering
49 Pale
50 Scandinavian city
51 Any day now
52 Antiquated
53 Active one

Down

1 Engrave
2 Atmosphere
3 Like a bug in a rug
4 Sweet potato

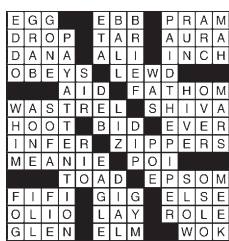


5 Exhausted
6 The — Piper
7 Scarlet
8 Tasted again
9 State with certainty
10 Razz
11 Group of soldiers
16 Analgesic's target
20 That guy
21 Fool
22 Family
23 Round Table address
24 Ostrich's cousin
25 Highlander's hat
26 Flop

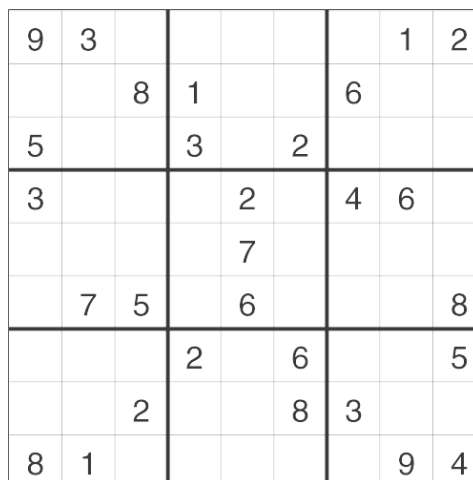
27 Young fellow
28 Conclusion
29 24 hours
31 Not many
34 Bagel topping
35 Abound
37 Stigmatize
38 Neighbor of Cambodia
39 Choir member
40 Puente of mambo music
41 Exam format
42 As well
43 Drop a letter?
44 Smell

46 Pair
47 Pea holder

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	9	3	8	5	4	6	7	2
8	2	7	3	6	1	4	5	9
4	6	5	9	2	7	1	8	3
2	7	4	6	1	3	5	9	8
3	1	6	5	8	9	2	4	7
9	5	8	4	7	2	3	6	1
5	4	9	2	3	8	7	1	6
7	8	2	1	4	6	9	3	5
6	3	1	7	9	5	8	2	4

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min -20° Max -10°	Min -12° Max 4°	Min -3° Max 1°

Michele McDougall
Weather Specialist

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes". WEEKDAYS 6AM



Today's horoscope

♈ Aries March 21-April 20 You may be desperate to show what you can do, but don't be so reckless that you do something silly and make a fool of yourself. Please, stick to what you know best.

♉ Taurus April 21-May 21 Raise your sights high and believe that you can create something meaningful. Others may try to persuade you to use your talents to make serious money, but it's the sense of achievement that drives you.

♊ Gemini May 22-June 21 You don't need to alter anything — your life is perfect just as it is. Why tamper with methods and routines that have done well for you in the past? Why interfere with what works?

♋ Cancer June 22-July 22 Your instincts may not be as reliable as they usually are today, so think twice before making changes. You can, however, rely on friends and relatives to give you good advice.

♌ Leo July 23-Aug. 23 Someone you work with will fall out of favour today, but don't feel too sorry for him or her because if your roles were to be reversed her or she would not care about you.

♍ Virgo Aug. 24-Sept. 22 Push your luck a bit today. By all means, believe that great things are possible. Friends, colleagues and even your boss will be jealous of your popularity. They will be more jealous that you're so modest about it.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 You must not agree to do anything that goes against your principles. You may not think much of it, but you won't be able to live with yourself when you see the consequences.

♏ Scorpio Oct. 24-Nov. 22 No one in his or her right mind would get in the way of a Scorpio in a hurry, but a friend will do everything to block your path today. Maybe it's because he or she fears for your safety.

♐ Sagittarius Nov. 23-Dec. 21 People may want to make you feel bad by pointing out your failures, but no one is perfect. The fact that you got something wrong is evidence that you took a chance and made an effort.

♑ Capricorn Dec. 22-Jan. 20 You can expect some kind of windfall over the next few days, but it may not be of a purely financial nature. You will be as lucky in love.

♒ Aquarius Jan. 21-Feb. 18 The more you want to do things one way, the more friends and relatives want to do things another way. Just this once, let them win. You won't lose by allowing them to call the shots for a change.

♓ Pisces Feb. 19-March 20 You may be tempted to get angry with someone who has let you down but what's the point? If you think about it for a moment, you will realize you didn't lose anything of value. Let it go. **SALLY BROMPTON**

Caption contest



"I'll never go to the barber again!"
CHRIS LEVINE

WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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Occidental Grand Xcaret (★★★★)

All-Inclusive • Deluxe rm. • Apr. 17

\$889

+Taxes & other fees: \$244

MEXICO | Cancun/Riviera Maya via Calgary

Gran Bahia Principe Tulum (★★★★) PRIVILEGES

All-Inclusive • Standard rm. • Apr. 17

\$1119

+Taxes & other fees: \$244

MEXICO | Puerto Vallarta/Riviera Nayarit

Hacienda Hotel, Spa & Beach Club (★★★★)

All-Inclusive • Standard rm. • Mar. 5 - 19

\$969

+Taxes & other fees: \$144

MEXICO | Los Cabos

Royal Solaris Los Cabos Resort All Inclusive & Spa (★★★★)

All-Inclusive • Deluxe rm. • Feb. 26.

\$1169

+Taxes & other fees: \$256

JAMAICA

Sunset Jamaica Grande Resort & Spa (★★★★) PRIVILEGES

All-Inclusive • Exclusive renovated standard rm. • Feb. 10 & 24

\$999

+Taxes & other fees: \$96

JAMAICA

Grand Palladium Jamaica Resort & Spa (★★★★)

All-Inclusive • Junior suite • Feb. 10, 17 & 24

\$1449

+Taxes & other fees: \$96

ANTIGUA via Toronto

Grand Pineapple Beach Antigua (★★★★)

All-Inclusive • Standard rm. • Mar. 6 & 20

\$1239

+Taxes & other fees: \$204

CUBA | Varadero via Calgary

Sirenis La Salina Varadero Beach Resort (★★★★)

All-Inclusive • Standard rm. • Feb. 6

\$989

+Taxes & other fees: \$153

CUBA | Santa Clara via Calgary

Royal Hideaway Ensenachos (★★★★) PRIVILEGES

All-Inclusive • Royal spa premium rm. • Feb. 5

\$1179

+Taxes & other fees: \$153

DOMINICAN REPUBLIC | Punta Cana via Calgary

Occidental Grand Punta Cana (★★★★)

All-Inclusive • Junior suite • Feb. 8 - 22

\$999

+Taxes & other fees: \$170

DOMINICAN REPUBLIC | Punta Cana via Calgary

Barceló Bavaro Palace Deluxe (★★★★)

All-Inclusive • Junior suite deluxe • Feb. 8 - 22

\$1099

+Taxes & other fees: \$170

DOMINICAN REPUBLIC | Punta Cana via Calgary

Gran Bahia Principe Punta Cana (★★★★) PRIVILEGES

All-Inclusive • Junior suite • Feb. 8 - 22

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+Taxes & other fees: \$170

BAHAMAS | Nassau via Toronto

Breezes, Bahamas (★★★★)

Super-Inclusive® • Deluxe oceanview rm. • Mar. 29 & 30

\$1639

+Taxes & other fees: \$168

GRENADA via Toronto

The Flamboyant Hotel & Villas (★★★★)

All-Inclusive • Standard rm. • Feb. 26 & Mar. 5

\$1969

+Taxes & other fees: \$188

MAJESTIC RESORTS | AIR, HOTEL & TRANSFERS

DOMINICAN REPUBLIC | Punta Cana via Calgary

Majestic Colonial Punta Cana (★★★★)

All-Inclusive • Junior suite standard with Jacuzzi • Mar. 22 & 29 • 1 wk.

\$1539

+Taxes & other fees: \$170

DOMINICAN REPUBLIC | Punta Cana via Calgary

Majestic Elegance Punta Cana (★★★★)

All-Inclusive • Junior suite with Jacuzzi • Mar. 22 & 29 • 1 wk.

\$1619

+Taxes & other fees: \$170



Majestic Colonial Punta Cana

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Excalibur Hotel & Casino (★★★★)

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CALIFORNIA | San Francisco

Hotel Whitcomb (★★★★)

Double guest rm. • Mar. 1

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+Taxes & other fees: \$124

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- Breakfast daily



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Standard rm.

Mar. 22 • 3 nts.

FRANCE | Paris

Hotel Cervantes Paris (★★★★)

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3 nts.

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+Taxes & other fees: \$388

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Lacoste
12044 Black



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Kam Dhillon
3025 Purple



Ralph Lauren
6007 5032 Tortoise



Ltedo
1040 Grey



DKNY
4517 3113 Black Beige



D&G
1152 501



GANT
Margit Black



Cynthia Rowley
224 Blueberry



Republica
Vancouver Brown



Modo
3004 Jasper



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